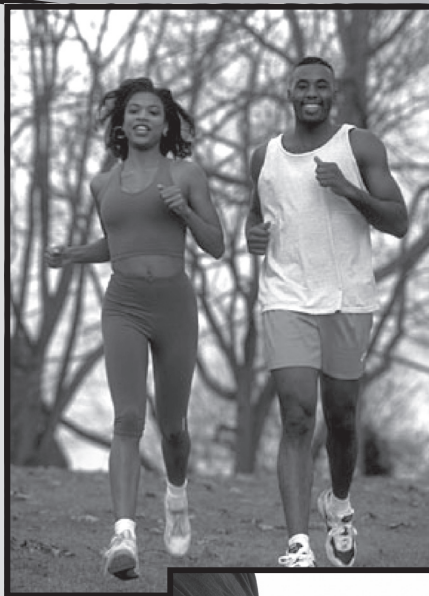


Man Up for your Health! Healthy Men Carry Our Communities Forward

April is National Minority Health Month



Healthy tips:

- Eat fresh fruits and vegetables.
- Exercise.
- Don't smoke or do drugs.
- Limit alcohol use.
- See your health care provider for an annual check-up.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
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